

# The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

SPEP™ ID and Time: 125-T01

Agency Name: Youth Advocate Programs, Inc. (YAP)  
Program Name: Lebanon Youth Advocate Programs, Day Treatment Program  
Service Name: Individual Counseling  
Cohort Total: 27  
Timeframe of Selected Cohort: September 1, 2015 thru September 30, 2016  
Referral County(s): Lebanon  
Date(s) of Interview(s): Service Classification: July 29, 2016 and Quality Interview: September 22, 2016  
Lead County: Dauphin and Lebanon  
Probation Representative(s): Nicole Mattern and Sue Christner  
EPIS Representative: Shawn Peck

## Description of Service:

Youth Advocate Programs, Inc., (YAP) provides various types of services for male and female youth across the United States. YAP's Mission is to provide safe, proven effective and economical alternatives to institutional placement. Types of treatment include: Youth Justice programs, Child Welfare programs, developmental disability programs and Behavioral Health programs. YAP's community-based programs emphasize the treatment needs of the individual youth, family and community. The YAP philosophy to prepare youth and their families for engagement after treatment ends is emphasized throughout treatment to create independent communication with the youth and their family and the development of community linkages the youth and family can access independently. Mentoring is a theme of YAP's treatment milieu and paid mentors are selected from the same communities as the youth.

All youth in this program participate in Individual Counseling with the therapist. An Individualized Service Plan (ISP) is developed for every youth in the program based off the YLS assessment provided by the Youth Probation Department. Goals and activities are created for each youth based on the identified criminogenic needs. Each youth and family assist in creating the ISP through a strength-based team process. In addition, the assigned youth probation officer provides feedback on areas of need that the youth will need to address in Individual Counseling.

The goal is for each youth to received weekly individual counseling sessions with the therapist for one hour in duration. There is typically a review during the first 15-20 minutes of the session followed by the remaining time focusing on the next activity or goal for the youth. The sessions with the youth occur during non-group times while in the program. The therapist also visits with the family in the home to determine if there are any additional needs that need addressed during the course of the individual counseling with the youth. While the main focus for the therapist is individual counseling with the youth, if there is a need to have sessions in the home with the family, the therapist will make efforts to conduct additional sessions as the need arises.

## The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Individual Counseling

Based on the meta-analysis, is there a qualifying supplemental service? No

If so, what is the Service Type? There is no qualifying supplemental service

Was the supplemental service provided? N/A **Total Points Possible for this Service Type:** 10

**Total Points Received:** 10 **Total Points Possible:** 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training, staff supervision, and how drift from service delivery is addressed.

**Total Points Received:** 10 **Total Points Possible:** 20

**3. Amount of Service:** Score was derived by calculating the total number of weeks and hours received by each youth in the service. The amount of service is measured by the target amounts of service for the SPEP™ service categorization. Each SPEP™ service type has varying amounts of duration and contact hours. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

**Points received for Duration or Number of Weeks:** 2

**Points received for Contact Hours or Number of Hours:** 0

**Total Points Received:** 2 **Total Points Possible:** 20

**4. Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

27/27 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of 12 points

4/27 youth in the cohort are High or Very High YLS Risk Level for a total of 3 points

**Total Points Received:** 15 **Total Points Possible:** 25

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**Basic SPEP™ Score:** 37 total points received out of 100 points. Compares service to any other type of SPEP™ therapeutic service. (e.g. individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

**Note:** Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

**Program Optimization Percentage:** 50 This percentage compares the service to the same service types found in the research. (e.g. individual counseling compared to all other individual counseling services included in the research.)

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### **The SPEP™ and Performance Improvement**

The intended use of the SPEP™ is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service Feedback Report, and these recommendations are the focus of the Performance Improvement Plan, a shared responsibility of the service provider and the juvenile probation department.

Individual Counseling scored a 37 for the Basic Score and a 50% Program Optimization Percentage. It is classified as a Group 1 service; Individual Counseling. The quality of the service was found to be at a Medium level. The amount of service provided to the clients was 37% of the recommended targeted weeks of duration and 0% of the recommended target contact hours for this service type. The risk levels of youth admitted to the program were 0% as low risk, 85% as moderate risk and 15% as high risk.

Individual Counseling could improve its capacity for recidivism reduction through:

1. Regarding Quality of Service:

a. Written Protocol:

- i. Develop a written protocol or manual that describes the service being delivered and outlines the service delivery expectations by process or topic for the Community Service/Restitution program
- ii. Develop a scheduled process to review protocol/manual

b. Staff Supervision:

- i. Document the supervision process of staff facilitating this service
- ii. Provide written feedback of to staff facilitating this service
- iii. Ensure the performance of staff facilitating this service is directly referenced in their yearly performance evaluations
- iv. Develop a plan to provide written feedback to the counselor after being monitored by a supervisor

c. Organizational Response to Drift:

- i. Develop an agency policy that outlines how to identify and prevent drift from occurring while delivering this service
- ii. Ensure that the organizational response to drift includes specific action steps for the agency to take to avoid drift, an "if-then" approach

2. Regarding Service Amount:

- a. Increase the therapist's ability to facilitate more sessions with each youth during their time in the Day Treatment Program
- b. Improve communication with Juvenile Probation to better match research recommendations for targeted amount of service.